

PEOPLE WHO USE
MONTANA'S TOBACCO
QUIT LINE ARE 7 TO 10
TIMES MORE LIKELY
TO QUIT THAN THOSE
TRYING TO QUIT ON
THEIR OWN.

FREE SERVICE. FREE CALL.
Make the call to quit tobacco today!



1-800-QUIT-NOW
(1-800-784-8669)



a FREE service
for all Montanans

Freedom from
TOBACCO



*freedom for
yourself*



*for your
family*



*for your
life*

MONTANA TOBACCO



In fact, tobacco's addictive poisons kill more people a year than alcohol, drugs, car accidents, AIDS, suicide, homicide and fire combined.

The good news is that there is free help for tobacco users – the Montana Tobacco Quit Line. Studies show that if you use a Quit Line coach, you'll be up to 10 times more successful at quitting tobacco than if you try to quit alone. Coaches specialize in teen smoking, spit tobacco, pregnant smokers, stress reduction, and weight loss and exercise programs.

WHAT IS THE MONTANA TOBACCO QUIT LINE?

The Montana Tobacco Quit Line is a free state program designed to help tobacco users fight their addiction.

The Quit Line provides the following:

- *A FREE telephone service for all Montanans – 1-800-QUIT-NOW*
- *A FREE personalized quit plan*
- *FREE cessation coaching and nicotine replacement therapy, if appropriate, for cigarette and spit tobacco users*
- *FREE educational materials for friends and family members of tobacco users*
- *Health care providers can also call for free information or assistance in helping their patients quit tobacco*
- *Trained staff that offers culturally appropriate services for Native Americans, including an understanding of the difference between the sacred use of tobacco and commercial tobacco addiction*

WHY YOU SHOULD QUIT

Tobacco use puts you at risk for:

- ✓ *heart disease*
- ✓ *many cancers*
- ✓ *high blood pressure*
- ✓ *emphysema*
- ✓ *asthma*
- ✓ *strokes*

Quitting allows you to:

- ✓ *live a longer, healthier life*
- ✓ *save money (smokers average \$5,000 a year on cigarettes and spit tobacco users average \$2,000 a year)*
- ✓ *receive instant health rewards – the longer you stay tobacco free, the healthier you will be.*

Call the Montana Tobacco Quit Line Today

Monday – Thursday 7 a.m. – 9 p.m.
Friday 7 a.m. – 7 p.m.
Saturday – Sunday 8 a.m. – 4:30 p.m.

We have 24-hour voicemail,
so please leave us a message.
We will call you back!

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FREE CALL.**

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Montana Tobacco Use Prevention Program
Department of Public Health & Human Services